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## **GET YOUR “FITNESS” ON WITH FABULOUS DEAL AT THE FOOTHILLS RECREATION & AQUATICS CENTER**

**Glendale, Ariz.** — It isn't too late to get fit for swimsuit weather (here in Arizona it lasts until October), and the Foothills Recreation & Aquatics Center (FRAC) helps keep your pocketbook light with a special deal on new memberships purchase through June 30.

The 69,000-square-foot, premier recreation and aquatic center in north Glendale, FRAC offers its members all the following benefits for free:

- Fitness center with a wide variety of cardiovascular and strength training equipment and fitness classes
- Gymnasium with a regulation-size basketball court and scheduled pickleball, fitness classes and open basketball play
- Three racquetball courts
- Indoor walking/jogging track
- 25-foot rock climbing wall
- Lap swimming and water aerobics classes in the 36,000-square-foot. aquatics center

Also available is a childcare program for ages 2-9, that allows adults to take care of his/her own fitness and health needs without worrying about the kids. The admission starts at just \$2.50 an hour, per child.

Those with health care programs that include the Healthways SilverSneakers fitness program can enjoy a membership for free. FRAC is an official SilverSneakers center and their members enjoy all the same FRAC membership benefits.

Those who join FRAC by June 30, 2014, and purchase a month or annual membership will receive a free month. The annual membership is the best deal with members receiving 13 months at a 23% discount over the monthly price, based on the Glendale resident adult rate. Free tours of the facility are available and, while at the center, adults can enter to win a \$500 gift card.

For more information on the deal and FRAC, visit [www.glendaleaz.com/foothillscenter](http://www.glendaleaz.com/foothillscenter).

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